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Dover Team rises to the call **Aerial Port processes humanitarian cargo** **- Page 3**



Warrior Day

A motivating way for Dover's civil engineers to train for war

Airman 1st Class Andrew Svoboda
436th AW Public Affairs

Reveille hasn't sounded and the sun hasn't even risen for the day, but nearly 190 civil engineers are gathered at the CE compound for an early morning formation. Every Wednesday, civil engineers here form up to prepare for a day of warrior training.

"Warrior Day is our contingency training. Most people don't receive training but once a year, but Warrior Day keeps airmen fresh on their training," said Capt. Omar Coral, 436th Readiness Flight commander.

The Warrior Day program, which is currently overseen by the Readiness Flight, works in two parts, according to Master Sgt. Ruddy Almonte, 436th Disaster Preparedness superintendent.

"Every Wednesday, we alternate between physical training and readiness or in-house training," said Almonte. "Each week we will pick one area for the entire squadron to work on, or a few different areas and break the squadron into flights."

Some areas of readiness training include setting up tents, driving special-purpose vehicles, using special scope-shield radios, self-aid and buddy care training, rapid runway repair, and donning the chemical gear. Additionally, there is career-specific training known as in-house training, where certain shops learn special tasks.

"Plumbers train on a portable water treatment machine, the assistant engineers learn where to lay marks to build the taxi way and where to put lights," said Almonte. "It's a complete team effort. Heavy Equipment, the masters of rapid runway repair, train on filling in bomb-craters on the runway and the Structures shop covers the filled hole with matting."



Photo by Jennie Farmer

Airman 1st Class Shawn Fink, 436th Disaster Preparedness Flight, looks to make sure his troops chemical warfare gear is on correctly during Warrior Day training, held each Wednesday.



Photo by Dan Gill

The 436th Civil Engineer Squadron takes a run during Warrior Day physical training Wednesday.

Structures also trains on building temper tents and GP-Medium tents."

During Warrior Day, drills and scenarios are also played in a war-environment so airmen get a feel for being in the field. Chemical attacks are simulated, and troops must prepare for the attack, then set up a contamination control area and do unexploded ordnance sweeps afterward.

"There is a world of difference between wearing chemical gear in the classroom and in the work environment driving a dump truck," said Airman 1st Class Shawn Fink, who instructs chemical warfare training for Disaster Preparedness.

Junior officers also receive the opportunity to practice command and control and field duties during scenarios, according to Coral.

"They get a feel for being in the field, which is a leadership task they wouldn't get sitting at a desk," said Coral.

Routine physical training is another aspect of the training the squadron goes through during Warrior Days. On PT mornings, the squadron forms up at 6:45 a.m. and begins with calisthenics which includes push-ups, jumping jacks and stretching. Jody's can be heard booming from the 190 people assigned to the squadron as they make their early morning formation run through the base. Finally, they are given an hour and a half to go to the fitness center for personnel training like weight lifting, riding the exercise bike, or playing basketball before reporting to work.

"The PT program has been run by different people over the years, but now that Readiness oversees it, we can bring some consistency to it," said Almonte. "Our goal is to run a 5K as a flight and eventually have some physical competition within the squadron like running the obstacle course or tug-of-war."

According to Coral, the Warrior Day program is important to keep people trained, especially in war-time critical careers, like those of civil engineers.

"The squadron already meets the proficiency standards, but Warrior Day helps surpass AMC's standards ensuring everyone is qualified," he said. "(Civil Engineers) are the first to arrive at a bare base. Before the airplanes can

land, CES has been there for days or months setting up the base. We need to maintain all basic skills from setting up to force protection."

"Warrior Day is vital to the overall success of the 436th Civil Engineer Squadron," said Lt. Col. Nathan Macias, 436th CES commander. "Honing our war readiness skills and maintaining our physical fitness makes the Civil Engineer Squadron ready to deploy anytime, anywhere."



Photo by Jennie Farmer

Staff Sgt. Omar A. Lopez, 436th Fire and Emergency Services Flight, prepares his gas mask before putting it on for weekly training, known as Warrior Day.

Dover begins supporting humanitarian missions

Aerial Port exceeds monthly average of cargo moved

Tech. Sgt. Paul Fazzini

436th AW Public Affairs

Dover Air Force Base's mission of providing strategic airlift to the four corners of the globe is one of the most important missions in the Air Force. One of the primary reasons it is this way is because of the humanitarian missions Dover has flown in the past; missions to Mozambique, Turkey and Taiwan.

Once again, Dover heeds the call for help through the efforts of the 436th Aerial Port Squadron. The "Super Port" palletized more than \$180,000 worth of cargo Oct. 18 for shipment to Ramstein Air Base, Germany.

The cargo, 3,000 sheets of plywood and 2,500 tri-wall boxes, will be used to form airdrop pallets of humanitarian daily rations scheduled for airdrop into Afghanistan. More than 115 tons of HDRs have already been processed and shipped from Dover to staging bases in Europe.

The United States began airdropping HDRs Oct. 7 into areas of Afghanistan densely populated by near-famine citizens. The airdrops are part of the humanitarian portion of Operation Enduring Freedom. Earlier this month, the Air Force used four C-17 Globemaster to airdrop a record 70,000 meals during a high-altitude combat drop, the first of its kind for humanitarian supplies, according to Air Force officials.

While Dover C-5 Galaxies won't be delivering this group of humanitarian supplies to Germany, those



Photo by Bill Plate

Senior Airman Edison L. Penaflor (left) and Airman First Class Christopher R. Higgins, both members of the 436th Aerial Port Squadron, move a pallet of humanitarian supplies into place on one of many commercially contracted cargo aircraft Oct. 18. The supplies are bound for use in airdrop missions over Afghanistan.

responsible for preparing them for shipment and those loading them on the civilian contract aircraft are excited about the role they are playing in Operation Enduring Freedom.

"We process a lot of cargo here and when we're told that it's going to support a relief operation in a foreign country or a specific military operation, then the already high sense of pride we feel increases 10-fold," said Tech. Sgt. Frank Parham, noncommissioned officer in charge of the 436th Aerial Port Squadron's capabili-

ties forecasting and load planning sections.

"Just as our wing commander, Colonel (Scott E.) Wuesthoff, said previously, we are prepared to respond to the president's call for what ever mission he needs us to perform," said 2nd Lt. Chad Ellsworth, 436th APS section commander. "So, whether we are moving troops and associated support equipment and cargo or the humanitarian relief supplies we are moving now, Dover will get the job done."

Some of the other cargo the Super Port staff has helped move includes humanitarian blankets to be added to the airdrop schedule and unitized group rations for our troops involved in a variety of operations.

According to Tech. Sgt. Yolanda Pouncil, 436th APS records section, the wing has seen more than 110 mission flown in support of OEF with 385 tons of cargo and more than 200 passengers originating from the base. More than 3,000 tons of cargo and more than 700 passengers have also processed through the base from other locations.

Pouncil also said 35 commercially contracted cargo aircraft missions with more than 1,500 tons of cargo have departed Dover.

If these cargo numbers seem high, that's because they are.

"On average, the Aerial Port moves approximately 4,000 tons of cargo per month," she said. "The passenger terminal also processes approximately 4,300 passengers per month. The more than 3,400 decrease in passengers has been due to force protection measures."

With a quarter of the nation's strategic airlift capability residing at Dover, these numbers will only increase as the Eagle Wing continues to be tasked for both operational and humanitarian missions.

Reserve activations increase Wings' capabilities

More than 250 reservists have been recalled to active duty since Saturday in an effort to help augment the Eagle Wing in their support of Operation Enduring Freedom. The latest round of activations, includes personnel from logistics and maintenance as well as fire protection, explosive ordnance disposal, and readiness, brings the total number of activated reservists to 278.

In September, 51 security forces and intelligence personnel were activated.

For one reservist, who works as a machinist with a manufacturing company, the recall is an opportunity for him to serve his country.

"I didn't volunteer for this, but then

again, nobody volunteered to die Sept. 11," said Donald, a technical sergeant. "I support this mission 100 percent."

The majority of the activated reservists are aircraft maintainers who will be used here to help backfill for the active duty.

"I've been through this before and it's an honor and a privilege to be here right now," said Caroline, a chief master sergeant who served here during Operation Desert Storm. "We're ready to do whatever we can to help our nation and our active-duty counterpart."

Leadership from both wings has praised the quick transition the airmen have made from reservist to active-duty personnel. Most of the airmen were given 24 hours to report

to the base and many found themselves on the flightline within hours of arrival.

"This has been a seamless transition," said Lt. Col. Mark B. San Souci, 436th Aircraft Generation Squadron commander.

"When multiple personnel from AGS or any unit at Dover Air Force Base deploy, they leave a void back at their units," said San Souci. "That void normally is filled by the civilian employees who remain behind, but in this case, it's the reservists. We could not have asked for better support at a more critical time."

"The active-duty troops have been working 12-hour shifts, six days a week," he said. "These reservists will

enable the active-duty to recover from the high operations tempo."

"I'm extremely proud of the sacrifice these reservists are making for their nation, their families and their employers," said Brig. Gen. Peter K. Sullivan, 512th Airlift Wing commander.

To help smooth the transition to their new status, briefings were held throughout the weekend explaining the clauses of their orders and to highlight the services available to the reservists and their families while on active duty. The speakers covered many issues including base pay and finance, family readiness, legal services, lodging TRICARE and medical insurance. (Courtesy 512th AW Public Affairs)

15 airmen punished for drug crimes

Maj. Don M. Christensen

436th AW Law Center

On Oct. 10, Airman Melanie C. Skeens, 436th Aerial Port Squadron, was sentenced to serve one year in prison, to forfeit all pay and allowances, to be reduced to airman basic and to be discharged from the Air Force with a bad conduct discharge. Earlier in the day, she plead guilty to wrongful use and distribution of ecstasy and LSD.

Skeen's trial was the last of a 15-airman drug ring resulting in 10 federal convictions and all 15 airmen being discharged from the Air Force. The sentence was the culmination of an Air Force Office of Special Investigations investigation, which started back in the summer of 2000.

Using undercover sources and informants, the OSI discovered numerous Dover Team airmen were abusing ecstasy, LSD and marijuana. The investigation quickly identified Airman Basic Heather L. Pulcini, 436th APS, as the distributor of the drugs. Pulcini had started using ecstasy and LSD with her boyfriend in Virginia. While in Virginia, she introduced her two friends, Skeens and Airman Jessica Elias, 436th APS, to the illegal drugs.

Both airmen had never before used drugs and had spotless records to that time.

Eventually, Pulcini started running low on money

and decided to sell drugs to earn extra cash. She enlisted the aid of her two friends to sell drugs to fellow Air Force members.

Pulcini brought at least 100 hits of ecstasy and 50 hits of LSD from Virginia to Dover Air Force Base. She believed she would be able to quickly sell the ecstasy and acid and make a fast profit. Unfortunately, she was right.

Skeens and Elias helped Pulcini out by finding the names of airmen interested in using drugs. Additionally, Pulcini sold ecstasy and LSD to members of the civilian community. Neither Skeens nor Elias personally profited by their conduct. Pulcini apparently kept all the money. However, her own drug use quickly ate up the profit, and she was forced to sell her furniture to make good the debt to her dealer.

Pulcini's distribution resulted in a number of otherwise good airmen losing their careers. One such airman was Airman 1st Class William Caldwell, 436th EMS.

Until Pulcini convinced Caldwell to buy and use ecstasy, he had never been in trouble. His commander described him as hard working and enthusiastic. Caldwell threw it all away when he agreed to buy Pulcini's drugs.

Pulcini's actions effected four Dover Team squadrons, but the hardest hit was her own, the "Super Port." In total nine members of the port lost their careers due to drug use.

Senior Master Sgt. Dennis Desilet, the 436th APS

first sergeant, described her illegal behavior as causing "a cancer on the squadron."

According to Desilet, "her ability to negatively influence other people has caused a lasting effect on their lives and the unit. It will take us awhile to recover from the loss of manpower, talent, and unit pride caused by her crimes, but we will recover. If Airman Pulcini had chosen to use her ability to motivate people for positive instead of for crimes, she could have been an outstanding airman."

Pulcini's drug network came crashing down around her when she was called into the OSI office Oct. 19, 2000. When faced with the overwhelming evidence compiled by the OSI, Pulcini confessed to her crimes.

The hard work of the special agents of OSI Detachment 306 culminated in an ironclad case against the airmen. The agents obtained confessions from 14 airmen. All of the airmen tried were successfully convicted and sentenced to prison. Five airmen who had used only marijuana received Article 15 punishment and discharges.

Ecstasy is known as a club drug. Its use can result in severe brain and internal organ damage. According to medical experts, death is not an uncommon side effect. Ecstasy is detectable through the Air Force urinalysis program. In this case a number of the airmen's urine tested positive for the drug. A single use of either ecstasy or acid is punishable by up to five years of confinement.

Expectations run high



Wuesthoff applauds the 22 Community College of the Air Force graduates at the Landings Tuesday.

From the Top

Col. Scott E. Wuesthoff
436th AW commander

As we settle in to what appears to be our new state of normalcy, I want to make a few observations and lay out some overall expectations. I'll warn you up front that business as usual is a thing of the past as we are on the front line of the war against terrorism. The command chief and I recently returned from Spain, Italy, Turkey and Germany where we visited deployed Eagle Wing personnel. All are well, and truly leading by example, from military bearing to upholding the highest standards and on to job performance. Without exception, every leader I talked to told us how great our folks were and that they were a pleasure to have on their team. My daily expectations are high, we train hard, and it pays off; you're the best!

On the subject of TDY, you can expect them to

continue. At present, we have approximately 500 people deployed, and while rotation may be a possibility in the future, it looks like those deployed will remain in place for the foreseeable future. That said, Air Mobility Command is doing everything it can to reduce needless TDYs and will bring folks home at the first opportunity. Until then, please assist one another however possible, from raking leaves to changing oil and on to helping with the kids; we're a team, and stronger because of it.

While a 40-hour work week is the goal, you should plan on working extended hours when called upon. Again, we are taking actions to reduce the burden as we all want to have a life. That said, we've seen more than 250 reservists show up over the past week in support of the Logistics Group. We have an additional request pending for nearly 100 additional security forces personnel and a handful of civil engineering folks. The members of the 512th Airlift Wing are true team partners and are doing everything they can to help ensure team success.

In regards to force protection levels, we're currently in charlie and will be for the foreseeable future. Once we drop, I would not anticipate anything lower than bravo for quite some time. While we would all like to get back to life as we knew it before Sept. 11, the threat is real and warrants our attention. Keep your eyes and ears peeled, and please report anything suspicious.

Bottom line, we're busy, but life must go on. Performance reports and year end awards must be written, exercises and inspections will continue, and we must be prepared now more than ever. The world is still spinning, and life continues at the same harried pace. I encourage each and every one of you to assume as much normalcy as possible, and relish the fact that we live in America. God bless America!

First heroes of war on terror wore no uniforms

Guest Commentary

Staff Sgt. Marc Barnes
18th Wing Public Affairs

KADENA AIR BASE, Japan - Every tragedy in America's history has had its share of heroes. Many of these heroes have been airmen, soldiers, sailors and Marines. Many of today's bear the title of "fire-fighter" or "policeman." But perhaps the greatest heroes of all were simply called "American citizens."

Heroes in uniform are in abundance following the terrorist attacks in New York and Washington, but it appears the first heroes of our war on terrorism were simply American citizens who were fueled by love for their country and their fellow man.

As news reports in the United States continue to dig to find every detail about events leading up to, during and after the terrorist attacks in New York and Washington, they have uncovered many stories of American heroism. The one I find most touching is the tale behind the crash of hijacked United Airlines Flight 93 in western Pennsylvania.

According to these stories, it is becoming more and more apparent that a few passengers aboard that

"Heroes in uniform are in abundance following the terrorist attacks in New York and Washington, but it appears the first heroes of our war on terrorism were simply American citizens who were fueled by love for their country and their fellow man."

Staff Sgt. Marc Barnes

flight were willing to — and did — sacrifice their lives to save the lives of fellow citizens.

The names that have circulated in various news reports are Jeremy Glick, Tom Burnett, Todd Beamer, Mark Bingham and Lou Nacker. It is quite likely that others were also involved, but phone calls by these men to family members before the crash confirm they played a vital role.

These five didn't wear uniforms — they were businessmen. They hadn't felt the call to sign on the line and serve their country. But when their country needed them, they stepped up, and they and their families paid a heavy price.

America is already relying heavily on some of its uniformed heroes — the civil servants who continue the search for thousands who are still missing. In addition, America has called on its other uniformed heroes to respond to the terrorists who killed our fellow citizens, and servicemembers are answering that call, both in America and overseas.

While civil servants and servicemembers respond, I have to say thanks to Jeremy, Tom, Todd, Mark, Lou and the other unnamed heroes of Flight 93. Our president and our nation will see to it that the cowards who took your lives are brought to justice. You are my heroes — a perfect example of the spirit of America. You will not be forgotten.



Action Lines

677-4368

e-mail to 436Wing.ActionLine@dover.af.mil

Question

I recently weighed in at 15 pounds under my maximum allowable weight, but still had to be taped for Airman Leadership School. Why is that? I was under the assumption that the taping method was used to help those with muscular build, not to hurt those who are under their maximum weight. If it is mandatory to be taped for ALS, I would think it would be mandatory for more people to be taped prior to going TDY or to other schools. In my whole career, I've never seen that happen.

Response

According to ALS Procedural Guidance, body fat taping is not required to attend school if the member weighs in under their maximum weight. According to Air Force Instruction 40-502, Weight and Body Fat Management Program, paragraph 4, body fat taping should be administered when a member exceeds maximum allowable weight, appears to exceed body fat standards, does not present a professional military appearance or when directed by the unit commander. Your commander has the authority to require body fat taping at his/her discretion.

In addition, AFI 40-502, paragraph 3, outlines several instances that require an individual be weighed and, if necessary, measured. These instances include going TDY for more than 29 days and TDY to technical training.

Question

I am very concerned about AAFES not verifying the age of people in uniform when buying alcohol on base. I feel that AAFES should re-examine that policy, especially in light of the problem with underage drinking on this base.

Response

AAFES is very concerned about the issue of underage drinking. It is our policy to check people whether in uniform or not to verify their legal age to purchase alcoholic beverages. As a general rule, we verify the age of all senior airmen and below, and we ask for proof of age on anyone above that rank if we are in doubt of their age.



The Action Line is a tool for everyone on base. I am sincerely interested in hearing your suggestions, comments and complaints.

If you have a concern and you haven't been able to resolve it through normal channels, call me at 677-4368 or send an e-mail to 436Wing.ActionLine@dover.af.mil.

Together we can make the Dover Team even stronger — thanks for your outstanding support.

Operations Group 677-2225
Logistics Group 677-2224
Medical Group 677-3330
Support Group 677-2221



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Cover:

Humanitarian relief cargo pallets get loaded on to a commercial contracted cargo aircraft Oct. 18.

Photo by Bill Plate

Squadrons show support for spouses

The insurgence of deployed Dover Team members gives units an opportunity to keep families informed, involved

Tech. Sgt. Mitch Gettle
436th AW Public Affairs

When members deploy, the families or spouse can be left out of the information loop or have a feelings of loneliness. Units on base have taken action to make sure this is not the case.

Two squadrons here recently held functions for spouses to alleviate this feeling and ensure everyone is taken care of as part of the Air Force family.

“This is a door opening for communication and allows us, as leaders, to be approachable so the spouse can come to us with concerns they might have,” said Senior Master Sgt. Mark Brejcha, 436th Supply Squadron first sergeant. “Spouses are no different than the military member and need our support.”

The supply squadron brought spouses of deployed members together, with remaining active-duty members and leadership, in an informal setting Oct. 16 and provided a venue for information and a spaghetti dinner prepared by squadron members.

“The squadrons contacted the Family Support Center, and we work with them to help in any way we can,” said Tech Sgt. Mike Snodgrass, Family Support Center family readiness non-commissioned officer in charge. “For this function, we held

briefings on the readiness programs offered by the FSC to include employment opportunities, and also coordinated briefings from the Air Force Aid Society.”

“We sponsor programs such as the military member pre-paid phone card, the Give Parents a Break Program and Car Care Because We Care Program,” said Sue Holliday, Air Force Aid manager. “We also let them know they can come to us if they need money in an emergency situation.”

The 436th Aerial Port Squadron, one of the most heavily tasked units at Dover, held a Family Day Saturday for any member of the squadron and their spouses. This event included a tour of the Aerial Port facility and the passenger terminal, briefings from Family Support Center and squadron leadership, and a luncheon.

“We have a lot of deployed members and we wanted to enhance our communication and reach out to families and strengthen our one-on-one connections,” said Senior Master Sgt. Dennis Desilet, 436 APS first sergeant. “This was a commander’s initiative and a way to publicize our new spouses support group.

“We’ve always supported our families, and changes in current situations have required us to come up with new ways of meeting the needs,” said Desilet. “The day was a success because face-to-face communication is better than e-mail and allowed the



Photo by Tech. Sgt. Mitch Gettle

Christos A. Zousimas, 436th Supply Squadron, serves dinner to spouses of deployed members Oct. 16.

families to see we mean what we say.”

One of the things that assist squadron leadership is the Key Spouse Program. The Air Force uses guidelines for this program, and the aim of the program is to use key spouse volunteers as the informal link between unit leadership and existing formalized family support services.

“Almost every squadron now has a key spouse assigned and trained,” Snodgrass said. “I provide the training, but they work for the squadron commanders and first sergeants.”

“I call the spouses on a regular basis to make sure they don’t have any special needs,” said Kelly Patch, 436th SUPS key spouse. “I am the

liaison between the spouses and the first sergeant. It’s beneficial to all the spouses because I have more one-on-one time to dedicate to them than the first sergeant, especially during duty hours.”

The Family Support Center also offers deployment information and briefings to anyone.

“If squadrons want us to do a pre-deployment brief or talk about readiness, Air Force Aid or employment opportunities, we are willing to do them at commander calls or anytime that suits their needs,” Snodgrass said.

For more information about possible briefings or programs available contact the Family Support Center at 677-6930.

OWC Craft Show moves to Harrington Fair Grounds

New location provides bigger space, more vendors

Susan E. Walls
436th AW Public Affairs

The Officers Wives Club here will hold its 16th Annual Craft Show from 9 a.m. to 4 p.m. Nov. 3 at the Harrington Fair Grounds, instead of Dover Air Force Base. Due to current force protection measures, the show relocated to the fairgrounds, situated 15 miles south of the base on U.S. 13.

The event is open to the public and there is free admission and parking.

"The craft show is one of the largest in the DelMarVa region," said Whitney Fentress, co-chairperson of this year's event. "This year we have 175 vendors from eight different states scheduled to attend from as far away as West Virginia and Florida."

The new site provides bigger spaces for vendors, said Fentress, who added there is a waiting list of nearly 50 vendors.

"Despite the change in location, this year's show is expected to draw a huge crowd," she said. "Last year, the show drew more than 8,000. We expect to see at least the same showing this year."

Shoppers of the 2001 craft show can expect to see a wide assortment of the finest hand made crafts.

"There will be hand crafted quilts, teddy bears, Christmas ornaments, candles, clothing, toys, artwork, T-shirts, stuffed animals, hand painted wood crafts and a lot of other unique items," said Allyson Luddington, co-chairperson of the show.

Luddington said the cost for items available would range from a few dollars to a couple of hundred dollars.

"When we begin the process of judging appli-

cants, we make sure the vendor has high quality products," she said. "At least 50 percent of their particular craft must be hand made. That's the beauty of this show – crafts that develop from a love of the arts."



Photo by Susan E. Walls

Debbie Spencer, a crafter of handmade teddy bears, puts the finishing touches on one of her 'angels' in preparation for the 16th Annual Craft Show scheduled for Nov. 3 at the Harrington Fair Grounds, on U.S. 13, 15 miles south of Dover Air Force Base.

Luddington said parking for this year's event allows easy access to the display buildings. "We're looking forward to a successful show and hope we do as well as we have in the past." The money made from the craft show will be used entirely for charitable purposes. "Each year we use the majority of the profits for scholarships for military family members."

According to Fentress, the craft show is a successful annual event because of the dedicated volunteers that help set up tables, unload crafters and provide assistance to the visitors.

For more information about the upcoming show or to volunteer, call the Officers Wives Club at 677-6032.

Halloween fire safety

The 436th Civil Engineer Squadron Fire and Emergency Services Flight reminds all Dover Team members to practice safety during Halloween.

- Children should carry flashlights instead of candles.
- Limit the amount of dry type decorations on the front porch and at your party.
- Decorations should be flame retardant or non-combustible materials.
- Corn stalks, bales of hay, dry flower arrangements and wreaths are highly flammable. Do not place these type decorations directly around your front door. If a fire were to occur the exit may be unusable.
- The 436th Aerial Port Squadron's Passenger Service Terminal, located in Building 150, Purple Heart Way, will be available to X-ray candy for Halloween.

Domestic Violence Awareness Month observed

LaMonte Wilson
Family Advocacy

Each October, during Domestic Violence Awareness Month, the Family Advocacy Program puts a special focus on the prevention of domestic violence in the Air Force to remind the base community that this is a year round mission. Domestic Violence is viewed as a pattern of behaviors in a relationship that are used to exercise power and control over another.

This year, the theme is “Each One, Reach One.” This theme stresses the idea that it is everyone’s responsibility to be informed, aware, and prepared to intervene in incidents of domestic violence. The goal is to reduce the incidents of domestic violence by empowering everyone to identify and assist those in need.

Types of abuse

Typical patterns of abuse include psychological, emotional, sexual, physical and economic abuse. Psychological abuse is any threat to do bodily harm

to a partner, child, family member, friend, pet or one’s self. The purpose is to render the other emotionally insecure about their self worth and helpless to escape further abuse.

Emotional abuse is demeaning another person by continually saying cruel, unfair comments, or by name-calling. Sexual abuse is any non-consenting sexual act or behavior. Physical abuse is any forceful or violent act used to intimidate or control another’s behavior. A pattern of withholding money or controlling a partner’s access to financial resources or employment is defined as economic abuse.

Ways you can help

There are many things you can do to help tackle domestic violence. First, listen, without judging. The person may feel responsible, ashamed, inadequate and afraid of being judged. You can also tell them it is not their fault. Explain that physical violence is never acceptable. Make sure they know they are not alone.

Emphasize that help is available. Domestic violence tends to get worse and more frequent over time. Another way to help is to suggest they develop a safety plan in case of an emergency by keeping money, important documents, change of clothes, extra keys in a safe place, such as a friend’s house. If they decide to leave the relationship, they may need help finding a place to live or a ride to a domestic violence shelter. Explain that domestic violence is a crime and they can seek protection from the police, courts and domestic violence programs.

Dos and don’ts

Do ask, don’t wait for them to come to you. Do express concern, don’t judge or blame. Do listen and validate, don’t give advice. Do offer help and support their decisions, but don’t place conditions on your support.

Red flags for an abusive relationship

Question relationships with partners who do any of the following:

- Abuse alcohol or drugs.
- Abuse children, family members, siblings or pets.
- Put people down, including your family or friends.
- Try to isolate and control whomever you see or where you go.
- Nag or force you to have sex, when you don’t want to.
- Is physically rough with you.
- Take your money or takes advantage of you in other ways.
- Accuse you of flirting or cheating on them.
- Blame all of their problems on you.
- Tell you how to dress or act.
- Threaten suicide if you break up with them.

Emphasizing the importance of each person reaching out to another person in need will ultimately work to build a safe and strong community for all. It’s all a matter of becoming “my brother’s keeper.” Remember, Each One, Reach One.

Domestic Violence Facts

- In the United States, every 7.4 seconds a woman is beaten by her husband.
- 92 percent of women who were physically abused by their partner did not discuss these incidents with their physician; 57 percent did not discuss the incident with anyone.
- Women are five to eight times more likely than men to be victimized by an intimate partner.
- Children who witness domestic violence are more likely to exhibit behavioral and physical health problems.
- Each year, at least six percent (about 240,000) of all pregnant women are battered by their partners.
- In 1996, approximately 1,800 murders were attributed to intimate partners; three out of four of these had female victims.

CONTACT NUMBERS

- Emergency:** **.911**
Family Advocacy Office: **.677-2711**
Security Forces: **.677-6666**
Dover Police: **.736-7111**
Dover Police Victim’s Services: **.736-7134**
Delaware State Police: **.697-4454**
Delaware State Police Victim’s Center: **.697-3602**
24-Hour Domestic Violence Hotline: **.1-302-422-8058 (Kent/Sussex)**
National Domestic Violence Hotline: **.1-800-799-SAFE**
Division of Family Services/Child Abuse Hotline: ... **.1-800-292-9582 or 739-4800**
Victim’s Services Center: **.1-800-842-VICTIM-1**

Lead Poison Prevention Week

National observance highlights importance of testing children, adults for exposure

Susan E. Walls
436th AW Public Affairs

Lead poisoning in the United States affects one out of every 23 children under the age of 6. According to the Coalition to End Childhood Lead Poisoning, this figure is even more severe in low-income and in houses built before 1946, because of the high lead level in paints used at that time.

Exposure to lead has been identified as the major environmental threat to the health of children in the United States. Lead poisoning, a serious disease with long-term health implications, results from eating or breathing in lead or lead-contaminated materials including soil, dust, paint chips, water or vegetables grown in lead contaminated soil.

Sunday through Saturday has been declared as National Lead Poison Prevention Week with the hope to educate the public and to show prevention methods are easier than many people think.

“Lead-poisoning affects children of all races and socioeconomic levels; therefore, making it the foremost environmental threat to children’s health in the United States,” said Denese Bell, a licensed practical nurse

with the Laurel State Service Center, Laurel.

The U.S. Department of Health and Human Services’ Agency for Toxic Substances and Disease Registry reported three to four million children in the United States are at risk of lead poisoning. Approximately 10,000 children in Delaware are at risk for hazardous levels of lead in their blood.

According to Bell, Lead is present throughout the environment, both as a result of human activity and as naturally occurring deposits. It is present at low levels in all soils, but primarily in the top inch. Some soils, however, have been polluted with lead as a result of prior use of materials, which contained lead. Certain forms of paint, solder, gasoline, car batteries, industrial emissions and pesticides all contained lead in the past.

Most people don’t associate soil being contaminated with lead, added Bell, but even small doses of lead can result in developmental deficiencies, lowered IQ, crankiness and fatigue. Lead contamination is also caused due to old piping in water systems.

Lead had been added to oil paint to increase its durability and paint life. At one time, the paint contained up to 50 percent lead by weight, and was in widespread use in the 1940s and 50s. The amount of lead in paint was reduced over time, until 1978 when the

amount that could be added for residential use began to be regulated to levels that would not harm humans. Although lead has been reduced or eliminated from many of these materials over the past 20 years, the lead contributed by these sources years ago still remain in the environment.

“Lead is absorbed in your body primarily through the lungs and is excreted mainly in urine,” said Capt. Troy Lyons, a pediatrician with the 436th Medical Group. “Children are adventurous. Peeking over a windowsill or playing in the dirt is very natural for them. On the down side – these actions pose a health risks to children if done in older homes or in an industrial or contaminated area.”

A standard preventive health practice, according to Lyons, is to test children for lead contamination beginning at 12 months of age.

“A simple blood-lead level test will take care of a parent’s concern,” she added.

To have a blood lead level drawn, the patient must have a doctor’s order. Results from the blood test take approximately 14 working days.

“Our main focus is to keep children healthy,” said Lyons.

Lead poison prevention displays will be posted at the Youth Activity Center and Child Development Center throughout the week.

Testing is available at the medical group’s laboratory, Building 300. For more information on blood-lead level testing, call Public Health at 677-2706.

Flu Vaccine Arrives!

The clinic's first batch of vaccine has arrived, and they will be holding flu immunizations lines in the lobby of the Base Theater from Monday through Nov. 2. Taking military necessity and the mission into account, the flu immunization schedule is as follows:

Monday	8 a.m. – 4 p.m.	(Active duty only)
Tuesday	9 a.m. – 2 p.m.	(Active duty only)
Wednesday	8 a.m. – 4 p.m.	(Active duty, retirees, dependents, DOD civilian employees)
Thursday	8 a.m. – 4 p.m.	(Active duty, retirees, dependents, DOD civilian employees)
Nov. 2	8 a.m. – 4 p.m.	(Active duty, retirees, dependents, DOD civilian employees)

In order to receive the flu vaccine, all active-duty personnel must have their shot records and everyone must bring identification cards. For more information, call Public Health at 677-2734.

CFC benefits USO

Capt. Gigi A. Simko
CFC Project Officer

For more than 60 years the USO has provided morale, welfare and recreation-type services to uniformed military personnel. Its mission statement, “We Deliver America” to our Armed Forces, is carried out at nearly 120 USO Centers around the world. Most recently, USO affiliates assisted with recovery operations after the Sept. 11 attacks.

“The USO was there in force providing emergency housing to family members of those killed or injured at the Pentagon; assisting Naval personnel on the aircraft carrier USS Kennedy among other ships moved to New York City; helping those at Dover Air Force Base involved with identifying and processing the remains of military members killed in the attack on the United States,” said (Ret.) Army Gen. John H. Tilelli Jr., USA President of USO Worldwide Operations.

Established in 1941, the USO’s

commitment to the men and women in uniform has withstood the test of time. With the continued dedication of the USO’s legion of volunteers and charitable support from individuals and corporations, the USO will provide its “touch of home” for as long as there are those in service to their country.

“USO Delaware is a non-profit organization that relies solely on volunteers and monetary contributions from various sources, including the Combined Federal Campaign,” said Joan Cote, USO Delaware executive director. “They are not funded by DOD, the Air Force or the government.

“Remember to designate ‘USO Delaware’ to keep your contribution here,” said Cote. “Donations to USO World Headquarters are used to support USO operations overseas.

According to Cote, last year USO Delaware received \$1,148 from the CFC.

Contact your unit key worker today to make a donation or for more information.



Photo by Gary Ell

There’s no place like home

McGUIRE AIR FORCE BASE, N.J. — A KC-10 Extender taxis down the flightline to an anxiously waiting crowd of family members and fellow reservists Oct. 19. About 50 Air Force reservists returned here after spending a month overseas in support of Operation Enduring Freedom.

Daylight-saving time begins this weekend. Don’t forget to turn your clocks back an hour Sunday morning.

Safety mishap update

Listed below are the mishaps which occurred during the week of Oct. 8-14.

Oct. 9 – A civilian worker dropped a paper tray on her foot while installing it into a printer. She sustained a bruised foot, sprained ankle and strained back. The individual missed 10 workdays as a result of the mishap.

Oct. 10 – A civilian worker sustained a bruised arm and sore back after he slipped on a wet floor.

Oct. 10 – A military member strained a foot while was playing basketball at the base gym.

Oct. 14 – A military member was driving a government vehicle. He turned a corner and struck the back of a stop sign. The driver couldn't see the sign due to the rising sun in his eyes. Minor damage occurred to the front bumper of the government vehicle.

Oct. 14 – A military member was using a nitrogen

cart to service an aircraft. After shutting off the hose, an air bubble developed causing pressure to build-up. The 12-inch extension hose ruptured, making an extremely loud noise, thus causing a temporary loss of hearing in the left ear. The hose ruptured due to equipment malfunction.

Oct. 9 – Aircraft 70029 – Aircraft on a local mission struck a bird. No damage; strike discovered by maintenance.

There were two reportable mishaps. A mishap becomes reportable with one or more lost workdays or property damage of \$20,000 or more occurs as a result of the mishap. There were five non-reportable ground mishaps and two non-reportable flight mishap. There was three reportable mishap and two non-reportable mishaps during the same time frame last year.



Briefs

To get information considered for Community Notes, send an e-mail to airlifter@dover.af.mil, with Subject: **4COMMNOTES**. Or send a fax to 677-2901, ATTN: 4COMMNOTES. Submissions must be received no later than the close of business Thursday the week before publication.

Enhanced 911 service

Dover Air Force Base now has an up-to-date 911 system to help ensure the safety of all Dover Team members. Before Oct. 15, Fire was 117, Ambulance was 99-911, and Crime Stop was 2100. You can get each of these departments now by dialing 911. Currently the new 911 service only applies to on-base callers. Military Family Housing residents' 911 calls will continue to be answered downtown until the Enhanced 911 service is implemented for MFH residents in the Spring 2002 time frame.

Halloween ball set

The Enlisted Spouses Club has scheduled a Halloween Masquerade Ball tonight at 7 p.m. at the Landings. A cash prize will be given out for the best and most original costumes. Door prizes will also be given out. The ball benefits the ESC scholarship fund and is open to all ranks. The cost is \$8 in advance and \$10 at the door. Advance tickets will be sold at the Landings today from 11 a.m. – 1 p.m., and from any ESC member. For more information, call 677-6290.

Pumpkin painting available

The annual pumpkin painting event at the Skills Development Center for children 5 and up is scheduled for Saturday from 11 a.m. to 12:30 p.m. The cost is \$8 and includes supplies. For more information, call 677-3241.

Multi-cultural committee meets

The next meeting for the Dover Air Force Base Multi Cultural Committee is scheduled for Tuesday at 2 p.m. at Building 263, 3rd floor conference room. The committee is a newly formed committee responsible

for overseeing the planning and coordination of all cultural events on the base. This committee is open to military members, family members, retirees, and DOD civilians. The main objective is to educate the base community on the accomplishments of each ethnic group. For more information, call the Military Equal Opportunity office at 677-3905.

Morality in war briefing set

The morality in war briefing, dealing with the United States response to the Sept. 11 attacks, is scheduled for Thursday at 3 p.m. at the Main Chapel. Retired Chaplain (Maj. Gen.) William Dendinger, former Chief of the Chaplain Service, will present a briefing on the United States Response to the Sept. 11 attacks. Just War Principles, Rules of Engagement, International Law and Common Sense will be covered. Recommended for commanders, supervisors and all who seek a better understanding of the response to Sept 11.

YAC basketball registration set

Registration for the youth basketball and cheerleading season begins Thursday for children 5 to 15 years old. The cost is \$25 for members and \$35 for non-members with a \$5 late fee for all registrations received after Nov. 30. All participants must have an annual physical exam on record at the Youth Activity Center. For more information, call 677-6376.

SGLI begins Thursday

Family member SGLI will go into effect Thursday. Coverage will be \$100,000 for spouses and \$10,000 per child enrolled in DEERS. The coverage is automatic and will be deducted from your pay. The amount deducted is based on your spouses age, your orderly room has a chart with the rates or you can visit the AFPC webpage. If you do not want family coverage, stop by the Customer Service section in the Military Personnel Flight to decline it. Forms are available, and you can decline anytime prior to the Thursday start date. If you are married to a military member you have the same options to accept or decline the coverage.

MSS changes command

Maj. Melissa J. Applegate will assume command of the 436th Mission Support Squadron from Maj. Richard A. Gentsch Nov. 2 at 10 a.m. at the Air Mobility Command Museum.

EAGLE WING IN ACTION

Airman 1st Class Amber Roundtree and Senior Airman Timothy Powell, both from the 436th Equipment Maintenance Squadron Survival Equipment Element, inspect and pack a restraint harness. These harnesses are used for extra stability by maintainers when working on the top of aircraft.



Photo by Airman 1st Class Andrew Svoboda

Craft show moves location

The 16th annual Officer Wives Club Craft Show is scheduled for Nov. 3 from 9 a.m. to 4 p.m. at the Delaware State Fairgrounds in Harrington. For more information, call Tracy Kugel at 678-9728.

Safety day training set

Wing Ground Safety will provide a safety-day training session for all base personnel Nov. 7 at 8 a.m., 1 p.m., and 3 p.m. at the Base Theater. The topic will be Operational Risk Management, "A Way of Life," with Bridgette Richards as the speaker.

Holiday trip scheduled

A trip to the performance of the Three Little Bakers holiday dinner and show is being offered by the Leisure Travel Office Nov. 10. The bus departs from base at 4:30 p.m. and returns at 11 p.m. The cost is \$52 for adults and \$45 for children. Price includes tickets and transportation. Sign up at the Leisure Travel Office by Nov. 7.

Emergency calls

Emergency calls to 911 should include anthrax scares and any other suspicious activity on base.

Coupons available at club

The Landings has October club coupons still available for its members. Coupons may be picked up at the cashier's cage in the Landings.

PCSing with pets

The Air Mobility Command will now move your pet weighing up to 150 pounds, including its carrier, when PCSing. For more information, call the Traffic Management Office passenger section at 677-3167.

Youth coaches needed

The Youth Activity Center is looking for youth basketball and cheerleading coaches for the upcoming season. For more information, call 677-3241.

Yoga instructors needed

The fitness center is looking for a yoga instructor to teach classes on Tuesdays, Thursdays and Saturdays.

Instructors should have yoga and CPR certifications. For more information, call 677-3968.

Parenting classes available

Parenting classes are offered once a week for six weeks at various locations in Dover.

For dates and registration, call Child Inc. at 697-2292 or the Family Advocacy Office at 677-2711.

Picking up packages

During the current force protection condition, UPS, FEDEX Ground and FEDEX Express will not be permitted to make deliveries to Military Family Housing. If anyone is expecting a package through one of these carriers, they will have to make arrangements to pick their package up at the warehouse, Building 639. The carriers will send out notices through the U.S. Postal Service to anyone who has a package waiting at the warehouse. You can contact these carriers at the following numbers: UPS at 1-800-742-5877, FEDEX Ground at 1-800-764-3460, FEDEX Express at 1-800-463-3339. For more information, call Senior Master Sgt. Earl Blansfield at 677-4005.

CHAPEL SCHEDULE

Catholic Services

Sunday

Mass:

9 a.m., Carpenter Memorial Chapel
11 a.m., Main Chapel
5 p.m., Carpenter Memorial Chapel

Reconciliation: 4-4:45 p.m., Carpenter Memorial Chapel

Daily Mass:

Mon.-Fri. 11:30 a.m., Main Chapel

Islamic Prayer

Friday

1 p.m., Carpenter Memorial Chapel

Protestant Services

Sunday

Contemporary Service:

9:30 a.m., Main Chapel

Traditional Service:

11 a.m., Carpenter Memorial Chapel

Gospel Service: 12:30 p.m., Carpenter Memorial Chapel

For all other services, call 677-3932.

Movie Time

Tonight through Tuesday:

Jeepers Creepers, "R" (terror violence/gore, language and brief nudity), starring Justin Long and Gina Philips, 90 min. After making a horrific discovery in the basement of an old abandoned church, Trish and her brother Darryl watch their routine road trip home from college turn into a heart stopping race for their lives. They find themselves the chosen prey of an indestructible force that relentlessly pursues them.

Wednesday through Thursday:

Jay and Silent Bob Strike Back, "R" (nonstop crude sexual humor, strong language and drug content), starring Jason Mewes and Kevin Smith, 104 min. When Jay and Silent Bob learn that a "Bluntman and Chronic" movie is being made featuring their comic book counterparts, they drool at the thought of fat movie checks rolling in. But when the pair find that there won't be any royalties coming their way, they set out to sabotage the flick at all costs.

Time: 7 p.m. (unless otherwise noted)

Cost: Adult - \$3; Child (ages 5 – 11) - \$1.50; Child (under age 5) – free
For a complete list of movie show times, call 678-8711



Photo by Master Sgt. Mark Logan

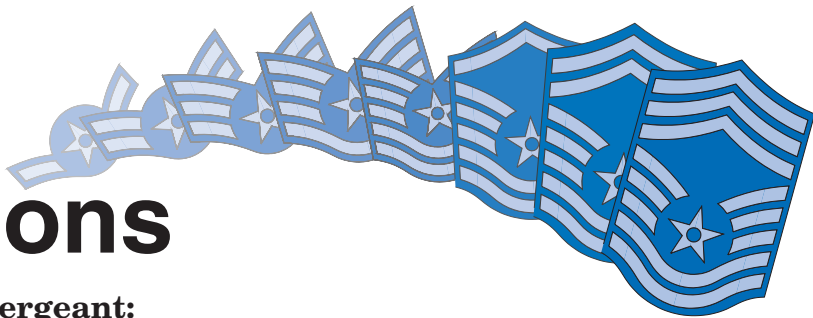
Master Sgt. Frank Zupan, treasurer of the Dover Air Force Base Top 3 Association, and several other Dover Team members clean up Fox Road as part of the Adopt-a-Highway program recently.

DUI Scoreboard Top Ten Squadrons

436th Medical Operations Squadron
436th Medical Support Squadron
436th Aeromedical-Dental Squadron
436th Contracting Squadron
436th Comptroller Squadron
436th Logistics Support Squadron
436th Mission Support Squadron
436th Security Forces Squadron
436th Communications Squadron
436th Services Squadron

**Note: Since records have been kept, 1996, these are the top ten squadrons to have the least amount of DUIs at Dover Air Force Base.*

NCO promotions



To staff sergeant:

Stacey L. Anderson	436th SUPS	Anne L. Forry	436th SFS
Elizabeth Andrews	436th SUPS	Charles M. Goodsell	436th COMM
Gregory S. May	436th APS	James R. Goodwin	9th AS
Harold Price	436th COMM	Shephen J. Oldham	436th COMM
Stuard M. Smith II	9th AS	Jacqueline N. Payne	436th ADOS
Daravanh Vongsouyanh-Myers	436th OSS	Phillip G. Shernofsky	436th APS

To technical sergeant:

Edward D. T. Anderson	436th ADOS
Griss G. Baldwin	436th CRS

To master sergeant:

Michael Bradford	9th AS
James A. Cole Jr.	436th COMM

Meet the Dover Team



Senior Airman Melissa Mendez

Unit: 9th Airlift Squadron

Job Title: Operations resource manager

Hometown: Newark, N.J.

Hobbies:

Skiing and trying to figure out what is wrong with my computer everytime it breaks down.

Last book you read:

“Ethan Frome” by Edith Wharton

What do you like best about your job or the Air Force:

The opportunity to travel.

Future Goals: I'd like to earn my bachelor's degree in criminal justice within a year of my separation from the Air Force.



Airman 1st Class Brian Hall

Unit: 9th Airlift Squadron

Job Title: Operations resource manager

Hometown: Harrisburg, PA

Hobbies: Basketball and running.

Last book you read:

“Hannibal” by Thomas Harris

What do you like best about your job or the Air Force:

I enjoy meeting and working with new people everyday.

Future Goals:

I plan to get my degree in computer information systems and cross train into the special investigations field.

Meet the Dover Team provides an opportunity for outstanding military and civilian members to be recognized. Submissions may be e-mailed to the airlifter@dover.af.mil

SHIRT TIPS



From our Dover Team First Sergeants

This week's tip courtesy of:

Senior Master Sgt. Michael D. Branch
9th Airlift Squadron

Properly displaying our flag

I feel it's great to see the symbol of our nation's heritage, our flag, being proudly displayed almost everywhere I go. It is on buildings, vehicles and almost every home I pass. Let's all ensure that the symbol of what we represent is being displayed properly. Here are a few reminders:

- Never place marks, insignias, letters, words, emblems, figures or designs on the flag.
- Never drape the flag over any part of a vehicle or airplane.
- Never use the flag as a receptacle for receiving or carrying objects.
- Do not display in such a way that will leave it prone to damage.

Remember to display it proudly and correctly. For more information, review Air Force Pamphlet 36-2241, Promotion Fitness Exam Study Guide, Volume 1.

If you're interested in getting the OUTSTANDING PERSONNEL

in your unit recognized,
the Airlifter can help.

~~~

For more information,  
call *the Airlifter*  
at 677-3376.



# Stop-Loss exemptions may be limited

RANDOLPH AIR FORCE BASE, Texas — As the end of the planned 30-day Stop Loss evaluation approaches, officials are saying the list of career fields that will be released from Stop-Loss restrictions, if there is one, will likely not result in many people being allowed to leave the service in the near future.

By early November, the Air Force will decide if there is an opportunity to exempt any career fields, officials said.

When mission requirements can be filled without a need for Stop-Loss, the Air Force plans to end the program with the maximum amount of flexibility and allow those people a smooth transition out of the Air Force, officials said.

"But we don't know when that's going to be," said Lt. Col. Mike Gamble, assignment programs and procedures division chief for the Air Force Personnel Center here. "Nobody does."

"Right now, because of the double-tasking of homeland defense and force protection, combined with overseas operations and deployments, there are relatively few people who aren't involved," Gamble said. "We really need to remember that the unique feature of this operation is the homeland security requirement — something we haven't focused on before. We need to determine the load all these demands are placing on the force and that is why we are proceeding with caution."

After Air Force officials announced Stop-Loss in

late September, retirements and separations were indefinitely suspended starting Oct. 2.

April 30 and May 1 were listed in some official correspondence for administrative reasons, giving rise to rumors that Stop-Loss had been extended to one of those dates, officials said.

"There has been no change in the policy, but the April and May dates have made it into the rumor mill," said Lt. Col. Rich Binger, chief of separations here. "The fact is Stop-Loss continues and no end dates have been set."

For more information on Stop-Loss, visit the AFPC home page, or call the 436th Mission Support Squadron's re-enlistment office at 677-4587. (Courtesy of AFPC News Service)

## Air Force sends teams to help anthrax assessment

WASHINGTON — Air Force people will participate in joint military teams that are helping the national Centers for Disease Control and Prevention in New York City and Capitol Hill police in Washington to identify anthrax.

The airmen will become part of the New York Microbiology Augmentation Team, made up of biomedical laboratory officers and technicians from Seymour Johnson Air Force Base, N.C. A

second team joined Capitol Hill police to assist in anthrax screening in congressional buildings.

The teams will be working side by side with CDC experts to perform screening procedures of samples. Both teams will likely remain for several days.

"The people here in New York have done a fantastic job in setting up and running this operation," said Lt. Col. Debra Niemeyer, who is working in New York. "Our joint

military team is here helping to look at extra samples that the authorities have brought in and given these personnel some relief. This is a good joint venture between military, federal, state and local authorities."

The microbiological augmentation team can deploy on short notice to identify disease-causing organisms and aid in advising on appropriate theater-wide health-monitoring procedures.

In a military deployment setting, this team complements other theater medical teams and can provide them with the specialized tools required to rapidly and specifically identify biological threats.

This rapid identification enables military commanders and health-care providers to make data-based decisions that govern intervention and prevention of disease. (Courtesy Air Force Print News)

## 'ExpeRT' training beginning for security forces

2nd Lt. Kevin S. Brown  
ACC Public Affairs

LANGLEY AIR FORCE BASE, Va. - Air Combat Command leaders are making sure security forces are fully trained, integrated as a team, and ready to perform their mission as soon as they reach a deployed location.

Expeditionary Readiness Training, or ExpeRT, will put ACC security forces teams in a Nevada desert environment to prepare them for aerospace expeditionary force deployments and contingencies.

The 99th Ground Combat Training Squadron at Indian Springs Air Force Auxiliary Field, Nev., and the Air Combat Command security forces directorate are putting it all together.

"This training is a radical departure from the way we used to do business," said Master Sgt. Dale

Nichols, who manages part of the program for the security forces directorate.

"ACC security forces used to get their training every three years," Nichols said. "There was never any emphasis placed on training together prior to deploying. Under the new ExpeRT program, (security forces) troops [from one base] getting ready to deploy will go to this training together with other (security forces) teams deploying to the same location. They will train together, just as they would work together."

The ExpeRT program can tailor training to different environments like Kosovo or Kuwait.

"We're focusing on the missions we are most likely to encounter while deployed," Nichols said. "It's going to be excellent training."

ExpeRT uses the existing security training site at Indian Springs



Courtesy Photos

**Security forces airmen figure out the best way to go forward during a Contending Warrior security forces competition in Nevada. They were given a mission to complete while defeating armed adversaries along the way.**

where the previous training, known as Silver Flag Alpha, was held. The new training will double the class size from 115 to 230 and include trainees from the Air National Guard and Air Force Reserve Command, Air Force Space Command and Air Force Materiel Command.

The first two-week class begins Dec. 2 and will prepare troops for Aerospace Expeditionary Force deployments in March.

Course instructors teach advanced-weapons training, as well as detailed ground-combat skills. It culminates in a collective field training exercise.

"During the advanced-weapons training, we will actually fire every deployable weapon in the security forces inventory, including the M2 .50-caliber machine gun and MK-19 automatic grenade launcher," said Senior Airman Christopher Lawrence of the 1st Security Forces Squadron. "The field-training exercise will dupli-

cate scenarios that we may face during deployment."

ACC provided more than \$2 million this year to buy equipment and improve the weapons ranges. More upgrades are in the works to make Indian Springs the ACC ground combat "center of excellence."

A future project will construct a live-fire Practical Training Center for scenarios involving the defense of air bases and what is known as military operations in urban terrain. The facility will include data-gathering systems such as video cameras, two-way speakers, other types of sensors and a monitoring station.

"The PTC will provide a realistic environment for training, and the new technology provides immediate feedback so we can make our mistakes in training and not during war," Nichols said.

Remaining projects include a new academic facility, dining hall, and living facilities.



**A security forces airman fires an M-249 squad automatic weapon during Silver Flag Alpha training at Indian Springs Air Force Auxiliary Field, Nev. Silver Flag Alpha is being replaced by Expeditionary Readiness Training also known as "ExpeRTs."**



# Coming to terms with bioterrorism threats

**Tech. Sgt. Scott Elliott**  
Air Force Print News

WASHINGTON — The American news media have flooded the public with reports of biological terrorism, both real and imagined, since Sept. 11. In many of these reports, “experts” and “analysts” have provided seemingly contradictory information.

The result has been growing confusion and speculation in both military and civilian communities.

Air Force medical officials are trying to set the record straight with information about two of the most dangerous threats: anthrax and smallpox.

Anthrax, a product of the *Bacillus anthracis* bacteria, occurs in three forms: cutaneous, gastrointestinal and inhalational, said Col. (Dr.) Dana Bradshaw from the Air Force Surgeon General’s office.

Cutaneous anthrax, which attacks through breaks in the skin, is highly treatable and considered the least dangerous. Gastrointestinal anthrax results from eating undercooked meat from an infected animal. Although gastrointestinal anthrax is the least likely to occur, it has a mortality rate of 50 to 85 percent if left untreated. Inhalational anthrax, the most lethal, occurs when enough spores of the *Bacillus anthracis* bacteria

are inhaled and settle into the lungs. As many as 99 percent of victims succumb after the onset of symptoms.

Contracting a lethal dose of inhalational anthrax is difficult, said officials from the national Centers for Disease Control and Prevention in Atlanta.

“For anthrax to be effective as a covert agent, it must be aerosolized into very small particles,” CDC officials said in a health advisory. “This (aerosolization) is very difficult to do and requires a great deal of technical skill and special equipment.”

None of the recently reported anthrax attacks or scares have been of the aerosol variety; all have come through the mail.

Prevention is the most proven way to avoid anthrax, officials said. People who have been vaccinated against anthrax prior to exposure, then receive antibiotics after exposure, have nearly a 100-percent survival rate, Bradshaw said. Those who were vaccinated prior to exposure but do not receive antibiotics after exposure have a survival rate of about 95 percent. If a nonvaccinated person is exposed to anthrax, then receives both the vaccine and antibiotics prior to the onset of symptoms, chances of survival are nearly 100 percent.

The survival rate drops to about 90

percent if a nonvaccinated person is treated with antibiotics only after exposure, Bradshaw said.

Survival rates drop dramatically after the onset of symptoms. Even with both antibiotic and vaccine treatment, people who become symptomatic will survive less than 14 percent of the time, Bradshaw said.

Vaccine treatment alone is not protective after exposure.

Regardless of which form of the disease occurs, anthrax is not spread from person to person; the only way to contract anthrax is through direct exposure to its spores, Bradshaw said.

Not so with smallpox.

Smallpox is a highly contagious disease that is easily transmitted from person to person exponentially.

“One person may typically infect 10 to 20 others,” Bradshaw said.

Infection occurs by inhalation of air droplets, direct contact with an infected person or through contaminated clothing or bed linens. The smallpox virus can remain infective for up to two days in environmental aerosol form, Bradshaw said.

Though the U.S. military provided vaccination to some members through

1989, the United States ceased its routine smallpox vaccination campaign in 1972. The virus was declared eradicated worldwide in 1977.

More than 40 percent of the American population is not vaccinated, and immunity in others is waning.

“The duration of immunity based on experience of naturally exposed individuals has never been satisfactorily measured,” Bradshaw said.

Antibodies have been shown to decline substantially during the five to 10 years following vaccination, he said.

Therefore, the Journal of the American Medical Association estimates that the population at large is highly susceptible to infection.

Victims of smallpox can experience up to a 30-percent mortality rate. There is no proven treatment for the disease but patients can benefit from supportive therapy to control fever, pain and secondary infection, CDC officials said.

People should call 9-1-1 to report any suspicious activities. For more information, call Public Health at 677-2564. Public health advice for civilians is available through state or local health departments.



# Mission outweighs risks for C-17 aircrews

**Master Sgt. Kenneth Fidler**  
U.S. Air Forces in Europe Public Affairs

OPERATION ENDURING FREEDOM — Red lights dim even further in the cabin, marking the final countdown to drop time. Jason, a C-17 Globemaster III loadmaster wearing an oxygen mask, helmet and a harness tethered to the floor, anxiously rocks from side to side.

The C-17 cargo doors yawn open, bringing bursts of freezing air into the depressurized cargo bay. The plane tilts up at about a seven-degree angle as the boxes, each weighing about 1,000 pounds, strain against their tie-down straps.

Jason and his partner, Mike, see the orange ready-light blink on: 10 ... 9 ... 8 ... 7 ....

Jeff, the pilot, punches the button that releases the straps restraining the 42 boxes of humanitarian daily rations. Gravity takes over, and the boxes roll out like a freight train, breaking apart immediately and spilling the rations over a 1-by-3-mile area in northern Afghanistan.

One by one, three other C-17s safely drop their cargo, and all head home — the crews to rest for a couple of days, the planes to gas up and load up for the next set of drops that could take place hours later.

The drop took eight seconds, the rush of flying with the cargo doors open lasted only a few minutes, but the flight itself went on for hours.

This marked the 13th successful mission of the U.S. military's delivery of humanitarian daily rations to Afghanistan, part of President George W. Bush's additional \$320 million aid package to the Afghanistan people. Since Oct. 9, about 700,000 meals have

been delivered by C-17 aircraft from the 437th Airlift Wing at Charleston Air Force Base, S.C.

On his fourth flight since his unit deployed to Ramstein Air Base, Germany, Mike is visibly proud of his role in the operation.

"At first, I didn't know what to expect," he said, pointing toward the refrigerator-sized cardboard boxes lined up in two long columns. "This is the first time I've flown high-altitude, depressurized operational flights. But on my first flight, it was a good feeling watching the boxes take off."

The Tri-Wall Delivery System "works like a charm," Mike said. "The boxes are holding up well and they roll out perfectly."

Essentially, the system is nothing more than heavy-duty cardboard boxes and straps designed specifically to handle the pressure of a high-altitude drop.

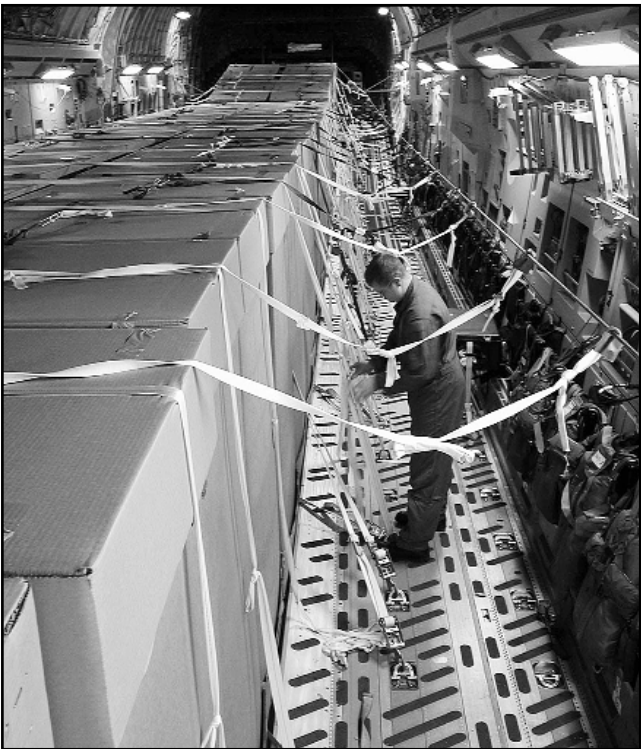
On this plane — like all the others — the 42 boxes, each with 410 humanitarian daily rations, are tethered inside the cavernous cargo hold.

"I didn't know how big of a deal this really was until I saw all the news crews out there," he said, referring to the press conference held after the first mission Oct. 9. "I'm happy I was chosen to do this. I have a wife and daughter back home, and they see what we're doing on the news. My wife said she's proud of me."

Although the long flight to and from the drop zone may seem ordinary, for a short time, it is anything but.

Aircrew members agree that probably the most dangerous part of the mission is physiological. For more than two hours during the mission, aircrew members work in a depressurized plane, breathing through oxygen masks.

About two hours before the drop,



Photos by Master Sgt. Kenneth Fidler

**Mike, a C-17 Globemaster III loadmaster, unties restraining cords in preparation for a Monday airdrop of 42 containers of humanitarian daily rations over northern Afghanistan. This was the 13th mission supporting Operation Enduring Freedom since the airdrops began Oct. 9.**

everyone on board dons an oxygen mask and starts taking in pure oxygen to decrease the amount of nitrogen in their bodies. Called pre-breathing, this helps prevent decompression sickness later.

"These missions are physically challenging," said, Josh, a C-17 co-pilot. "The worst could be that you get (the oxygen supply) disconnected and don't know it. You could get decompression sickness and die from nitrogen bubbles in your blood. Plus it's just uncomfortable having the mask up to your face for two hours."

About an hour before the drop, the pilot depressurizes the aircraft. Two physiological technicians fly each mission specifically to constantly check the crewmembers for signs of hypoxia, or lack of oxygen, which can occur within a minute at this high altitude.

"You could be so engrossed in doing your job that you would never know if you lost oxygen supply," said Ismael, a physiological technician deployed from the United States. "Probably the most dangerous part of this mission is simply the lack of oxygen."

Flying high over Afghanistan, cargo doors open, below freezing air whips around inside, and the plane could take fire from the ground — it all can be a bit unsettling.

But that is not what Jason was thinking about. He was getting ready for the rush of cargo moving out. He was making sure his harness and oxygen lines did not get sucked out over the open ramp, and worrying about the tie-down straps catching. If they caught and the back-up release malfunctions, he has only seconds to grab the knife and cut it free.

The boxes roll out, breaking apart just as they drop off the cargo floor. Within seconds, it is over. The rations spill out into the cold air and flutter to the earth below. Mike closes the cargo doors and the pilot pressurizes the aircraft.

"It was an excellent drop, as always. It was a rush to do that stuff," Jason said. "You know that somebody wants to shoot at you, but on the other hand you know you're doing something good for someone. So it's a rush on both ends."

Mike unstraps his mask and grins broadly, quite proud of the job he has just done. "That's something, ain't it? Can you believe I'm getting paid to do this?"

*Editor's note: Aircrew members are identified by first name only to protect their identities.*



# McGuire airmen unfurl flag at Yankee Stadium

**Airman 1st Class**  
**Matt Donegan**  
305th Air Mobility Wing

McGUIRE AIR FORCE BASE, N.J. - More than 100 McGuire airmen took to the field at the "House that Ruth built" Sunday during game four of the nationally televised American League Championship Series between the New York Yankees and the Seattle Mariners.

Camera flashes illuminated historic Yankee Stadium like 40,000 strobe lights as blue suiters unfurled a flag the size of a basketball court during the singing of the national anthem while others lined the outfield wall saluting. The Star-Spangled Banner was capped off by a bald eagle flying across the field. All this was accompanied by a thunderous ovation that vibrated the stadium just as hard as it rocked when the Yankees' Alfonso Soriano hit a game-winning home run in the bottom of the ninth inning.

"It was an absolute dream come true to walk on this field during the playoffs - nothing compares to it," said Tech. Sgt. Bernard McGuinness, 305th Communications Squadron member and loyal fan of the Yanks "since conception." "There are two sacred places in the world. St. Peter's Basilica in Rome is one and the other is Yankee Stadium."

McGuinness is the kind of guy who can tell



Photo by Gary Ell

**The McGuire Air Force Base Honor Guard from New Jersey present the colors at Yankee Stadium during game four of the American League Championship Series on Oct. 21. About 100 McGuire airmen were honored during the pregame celebration.**

you a 20-year-old stat right off the top of his head. A giddy smile swept across his face while he pointed to the seats he sat at during his first ball game back in 1977 - a game his father took him to for his birthday when he was 11 or 12.

"That's just part of being a fan. You remember who won, where you sat, who pitched ..."

McGuinness had the dream of a lifetime come true when he made a one handed grab on a ball thrown into the sea of blue from the field.

McGuinness is a true lover of the game and so is Chief Master Sgt. Peter O'Shaughnessy, 305th Operations Support Squadron Radar Approach Control chief controller.

"Going on the field was one of my personal life highlights," said O'Shaughnessy, a Bronx native who spent many a summer afternoon at the stadium while growing up. "I knew this would be something special, but I have to say it turned out to be much more than that. I never expected the ovation we received when the stadium announcer said members of the U.S. Air Force from McGuire

were participating in the opening ceremonies - it sent chills down my spine. The feeling of pride was never so dominant among those of us who were lucky enough to be part of such a special evening. It was a day I'll never forget."

The chief got to experience that highlight thanks to the Yankees organization, which contacted Brig. Gen. Chip Diehl, director of Air Force marketing, asking Air Force people to be guests at the game and participate in the pregame ceremony.

As a retired Air Force member, George Steinbrenner, Yankees owner since 1973, continues his admiration for the Air Force by continuously giving back, according to Diehl.

"Something like this puts the Air Force in the public eye, showcases our great professionals in uniform and allows us to continue to unite with New York and evolve from the

tragedies of Sept. 11," said Diehl. The general added that aside from recruiting and showcasing, another purpose of the event was retention.

Originally, Air Force people were going to be honored during a game toward the end of the regular season, but the Sept. 11 attacks changed that. Instead, they got to go to an ALCS game.

After the game, while walking under the bleachers toward the exit, roaring chants of "let's go Yankees" were replaced by "let's go Air Force" as the New York faithful continued to show their support.

Outside the stadium, hundreds of people shook hands and exchanged high fives and "thank yous" [or in some cases, "thank youze"] with the Air Force troops. It resembled an assembly line. Some even asked if they could get their pictures taken with the troops.

"This is what I expected when I joined the Air Force," said Senior Airman Nicole Ullman. "I wish I had this feeling every day."



# SUPS remains perfect with 6-2 victory

Staff Sgt. Tom Hernan  
436th AW Public Affairs

The 436th Supply Squadron improved its perfect record to 6-0 with a 6-2 win over the 436th Civil Engineers Squadron, now 3-3, in intramural football action under the lights here Monday.

With less than two minutes on the clock, SUPS drove the ball with quarterback Mike Vecero at the helm and ate up the turf yard by yard. Vecero connected with SUPS receiver Lemar Jackson for the winning score with seconds left on the clock.

The game started with CES kicking off. Vecero felt the pressure as he was forced out of the pocket by CES' defense on several occasions, and had to rush his passing game. The drive abruptly ended when CES' Edward Nicandro intercepted the ball.

Attempting to produce off of the SUPS misfortune, CES QB Zach Shortes connected with receiver Matt Mattes for a gain of 6 yards. The following play Shortes found himself on the move being chased by the entire SUPS defensive line. He shook left and faked right avoiding his opponents for a gain of 12 yards.



Julio Fareaux, a receiver for the 436th Supply Squadron, runs with the ball down the sideline Monday at the football field here.

The drive wasn't over, however, as Shortes connected with teammates Anthony Trammell for 8 yards and Roderick Cooper for the first down. The SUPS squad would hold the engineers scoreless as their defense held them the rest of the series.

SUPS turned to offensive on their own 5-yard line. Without much breathing room, Vecero passed to receiver Marcus Armstrong, and he ran to avoid the CES defense. Unfortunately for his team, Armstrong found himself surrounded in the endzone for a safety.

The play accounted for the first and only point of the game for CES. They led 2-0 at the half.

To kick off the second half, SUPS Coach Tony Brooks yelled to his team to "get hyped," and to "get into the game!" His motivation carried over to his team as they kicked off to the engineers' Cooper, who produced a 12-yard return.

SUPS held CES against their will for the first two downs, until Shortes ran with a quarterback draw for 15 yards. The team decided to go for it on forth down. Like a hot knife slicing through butter, Shortes threw a rocket pass to his receiver Trammell who produced a first down at the 30-yard line.

CES continued toward the goal until Shortes was picked off by Armstrong on the one-yard line. He returned the interception to the 11, freeing up some space for his team's offense.

The SUPS squad became fired up as team members began yelling at each other. But, CES returned the favor as Cooper picked off a Vecero pass.

The teams were in the midst of a defensive struggle for supremacy.

CES' ensuing drive was riddled with problems as SUPS defenders Keith Newton and Chris Todd pressured down after down. Combined, the two forced Shortes to rush his passes and even sacked him once.

CES kicked to SUPS with 1:34 left on the clock.



Photos by Roland Balik

SUPS quarterback Mike Vecero makes a pass during an intramural football game Monday. A strike to one of his receivers with only 34 seconds left on the clock gave his team the victory and extended their record to 6-0.

The SUPS squad began their drive to victory with a dropped pass, and a pass broken up by Mattes. It was on third down, however, when Vecero connected with a pass over the middle with Newton for a gain of 33 yards, and a key first down.

With 34 seconds left on the clock, Vecero finished the drive with a completion to Jackson for the game winning score. The extra point was attempted, but denied by Mattes.

"Overall our defense played a good game," Brooks said after the game. "I always had confidence in my team. We just had to raise our intensity."

CES plays Monday against the 436th Transportation Squadron.

SUPS will try to maintain their perfect record Nov. 5 against the 436th Operations Support Squadron.

## Runner completes 100-mile race

Airman Nathaniel Kelleher  
314th AW Public Affairs

LITTLE ROCK AIR FORCE BASE, Ark. — "Run, Forest! Run!" Well, not quite, but to finish a 100-mile run, an instructor pilot from the 53rd Airlift Squadron here needed all the motivation he could get.

"You're running for 30 hours," said Capt. Shannon Johnson. "You start in the dark, the sun comes up, you run all day, the sun sets, the stars come out, the moon comes out, you run all night long, the sun comes up and you're still running."

At the 92-mile mark, somewhere in the mountains around Perryville, Ark., Johnson realized he might not make the 30-hour time limit in the Arkansas Traveller 100-Mile Foot Race, held Oct. 6 and 7 in Perryville.

Then something started burning inside. He had come too far not to make the final time limit, he said.

"So even though it really hurt, I just sucked it up and started running," he said. He was the last to make the time limit, crossing the finish line in 29:52:20.

The Traveller, which is one of five "ultraruns" held annually in America, is not just a long road race.

"The whole time you're on fire roads, which is a one-way rutted gravel road, or it's on a trail; and it's constantly up and down mountains," he said.

This is just one in a slew of physical challenges runners face during the race, Johnson said.

"The big danger in these is your kidneys," he said. "What happens is your body starts breaking down your muscle tissue because you can't eat enough food, and that muscle tissue collects on your kidneys."

To combat this, Johnson said he kept a hydration unit on his back and ate whenever possible at the various

checkpoints, where he also received a lot of encouragement from his wife and other spectators.

"Throughout the whole race, you'd eat something at a checkpoint; 10 minutes later you'd be starving," he said.

He said shoes were another problem. Johnson suffered bruises on the bottom of his feet, even though he was wearing high-quality running shoes.

"I didn't realize most ultrarunners use three pairs of shoes, and they'll swap out like every 30 miles," he said.

However, all of these physical problems are not even half the battle, he said.

"You can train up to a certain physical level to be able to do it, but the biggest thing about these races is it's mental," Johnson said.

There were many times when he wanted to quit because most of the race he was running alone, he said.

Many runners dropped out or were forced to quit because of injury, or they could not make the checkpoints in time, he said.

Johnson was the last of 85 runners who finished the race. The race started with 125 people.

This was Johnson's first 100-mile ultrarun. He has run in eight marathons, but wanted a different type of challenge.

"The only challenge for me there was to get my time down lower and lower, and I really wasn't doing that," he said. "I'm more of a long-distance, endurance-type person, so I wanted to find something that was longer."

He found this 100-miler and summoned the courage and motivation to run it.

"I didn't know if I could make 100 miles or not, but I knew I wasn't going to give up," he said.

After meeting this challenge, Johnson said he is ready for more.





Photo by Joe Paterno

Steve Strange, 436th Civil Engineer Squadron, putts on the first green at the Eagle Creek Golf Course Oct. 19. CES won in this match in the double elimination play-offs versus the 436th Medical Group. CES' next match is today against the 436th Services Squadron.

STANDINGS

INTRAMURAL  
FLAG  
FOOTBALL  
As of Oct. 22



American Conference

| <u>Team</u> | <u>W - L</u> |
|-------------|--------------|
| SUPS .....  | 6-0          |
| TRANS ..... | 3-3          |
| CES .....   | 3-3          |
| AGS .....   | 1-4          |
| OSS .....   | 1-4          |

National Conference

| <u>Team</u> | <u>W - L</u> |
|-------------|--------------|
| MDG.....    | 5-1          |
| COMM.....   | 4-1          |
| CRS .....   | 3-3          |
| EMS.....    | 1-4          |
| APS.....    | 1-4          |